



Armed Forces Retirement Home

Communicator

VOLUME IX NUMBER 9

GULFPORT, MS - WASHINGTON, DC

SEPTEMBER 30, 2012

Valor Hall

Fun Art Monday group surprises Pet Ministry with paintings of their pets

Story and photos by Susan Bergman, MT-BC, Recreation Services

During a previous Pet Ministry visit, the idea of painting pictures of the pets surfaced, photos were snapped, and the idea was born. On the fourth Monday of the month, the Pet Ministry Team returned to visit with residents travelling from the front lobby to Valor Hall to Loyalty Hall. Unknowingly, pet visitors - Sam, Houston, & Lucy - came around the corner to greet the Fun Art Monday group on Loyalty Hall with a great big surprise! Houston, Papillon, and Lucy, Poodle, instantly found themselves captured in portrait form and took to their resemblances immediately. Ray and Mary Marshall, pet owners of Sam and Houston, were amazed with Fred Schell's painting of their Papillon, Houston. Karen Arsenaux and Lucy, were thrilled by Lois Hogan's pet poodle portrait. The pets were completely captivated!

During a recent visit with Dick and his golden retriever, Leif sniffed out the Fun Art painters, too. A quick photo was snapped and Leif will soon have his portrait as well.

Thanks to Milt Williams, Art Specialist, for leading the Fun Art groups each Monday morning on Loyalty and Tuesdays twice a month on Valor Hall. They truly are extraordinary pet portraits! And who knew we had such a talented group of residents living on Valor and Loyalty Halls.



Above - Fred Schell holds Houston and shows the painting he did of Houston during art class on Valor Hall. Houston is a regular visitor with the Pet Ministry.



Left - Lois Hogan holds up her painting of Lucy, a poodle that is also a regular visitor to Valor Hall.

Navy Chief Selectees - Across the Generations



On August 26th, Navy Chiefs and Chief Selectees from Walter Reed National Military Medical Center and the Annapolis area Chief's Mess joined residents for an afternoon of bowling and sharing stories. The Chief Selects arrived carrying refreshments and their charge books for our resident Chiefs to sign. Upon arrival, they were greeted with handshakes and hugs from our Veterans. Before departing, the Chief Selects serenaded everyone with a medley of service songs. Thank you to our Bowling Center volunteers and resident Chiefs who welcomed the future of our Navy!

Left - Navy Retiree August Kulick signs this Chief Selectees' log. Below: Navy Chief Selectees join residents in the bowling center. Below - Chief Selectees in the AFRH-W Bowling Center.

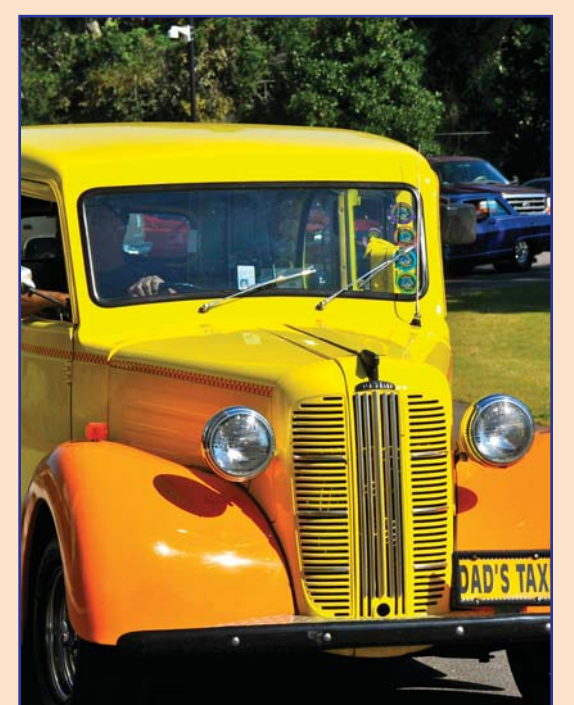


Inside this Issue



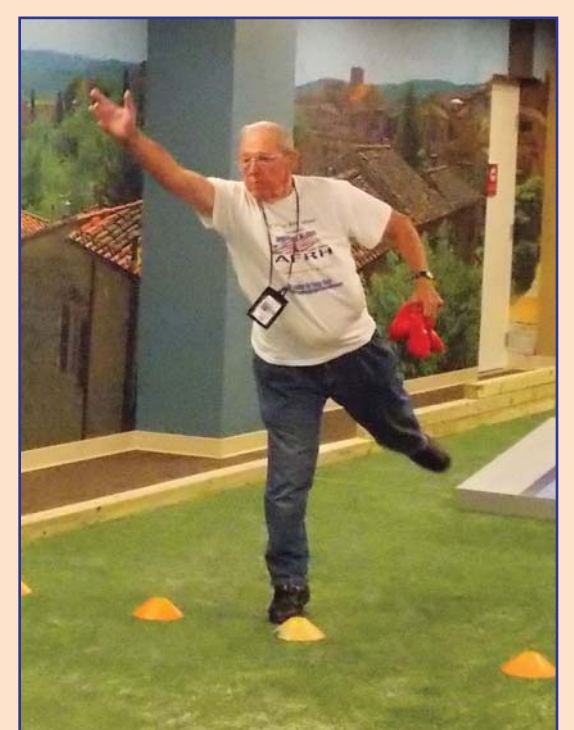
SGTMAJ Bryan Battaglia visits AFRH-W

Page 3



Community Partners Supplement

Pages 5-8



Senior Games in Gulfport

Page 12

AFRH COMMUNICATOR

Phone: 1-800-422-9988 Web site: www.AFRH.gov Email: sheila.abarr@AFRH.gov

Sheila Abarr- AFRH Public Affairs Specialist, Marketing
Mary Kay Gominger- AFRH-G Admissions Officer, PAO
Greg Moore - Public Affairs/Marketing
Sherry Lawrence - Public Affairs

The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home. Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by the *AFRH Communicator* staff for journalistic style and length. The articles included in this publication do not necessarily reflect the opinions or views of the management, staff, or residents of the AFRH.

Serving Washington, D.C. and Gulfport, Mississippi



ARMY NAVY AIR FORCE MARINE CORPS COAST GUARD

Become a resident today!

AFRH is not just a place to live but a place to live more. Our model retirement communities are designed for residents to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment.

Eligibility: Military veterans from each service branch can live at AFRH. The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer, are eligible to become residents of the Retirement Home:

-who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.

-who are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of a service-connected disability incurred in the line of duty in the Armed Forces.

-who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of injuries, disease, or disability.

-who served in a women's component of the Armed Forces before June 12, 1948; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to AFRH, PAO/Marketing, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400. Visit us on the web at: <http://www.AFRH.gov>

A CARF-CCAC Five-Year Term of Accreditation was awarded to the Armed Forces Retirement Home. <http://www.carf.org> <http://www.carf.org/aging>



The Chief Operating Officer wants to encourage Residents, who want feedback, to submit questions, concerns, or comments regarding the Armed Forces Retirement Home to the following email address: AFRH_PAO@AFRH.GOV.

A section of the Communicator will be set aside to provide RESIDENT feedback.

AFRH-G Veteran Highlight

Hubert Wood

By Ruby Woods-Robinson,
M.S.L.S.

Chief Warrant Officer Wood was born in a small community in Orr, Oklahoma. One day a dust storm literally blew his family out of Oklahoma. His father had an oil field and farming properties but when the storm was over they had nothing. The family drifted to California becoming migrate workers.



Hubert Wood at the AFRH.

After two years of high school in California, Hubert had had enough and joined the Navy to educate himself and that he did. He passed his GED qualifications while in the Navy. He considered himself and so did his senior officers, to be the best darn "Diesel Mechanic in the Navy". Once he completed his High School GED, Hubert was promoted to the Navy School Command where he taught courses on Centrifugal Compressors Engines used in Navy boats. Here at the Navy School Command is where he was also promoted to Warrant Officer.

Hubert had five brothers and one sister and he was a middle child. His father was his ideal for he could communicate with others at any level and was well liked. Hubert is the same way. Hubert's son feels the same about Hubert; he thinks his

father is the greatest. He, like his grandfather, is one of the greatest storytellers in the world. He could have become a great comedian or inspirational speaker. Chip or "Chippie John" was born in Japan and the housekeeper thought he was a "chip off the block" and named him Chip. When I met Chip, he expressed his love and admiration for his father in such a heartfelt matter, I almost cried. Hubert and his deceased wife Shirley Collier Wood were the proud parents of two children Chip and Shelliene.

Chip was born in Sasebo, Japan and Shelliene near Long Beach, California. Shelliene was known as the little Princesses of Black Market Alley in Sasebo, Japan. During his Navy career he was stationed in Scotland, Guam, (his most favorite home port) and he had his personal 64 foot rescue boat that he used for fishing. He fed all of his neighbors fish.

His first (and favorite) duty station was Kwajalein Island in the South Pacific. He spent many of his days working in Treasure Island, California, stationed there for two years, and was at Great Lakes Navy School in Illinois for two years. Long Beach, California is where he was stationed longer than any place else.

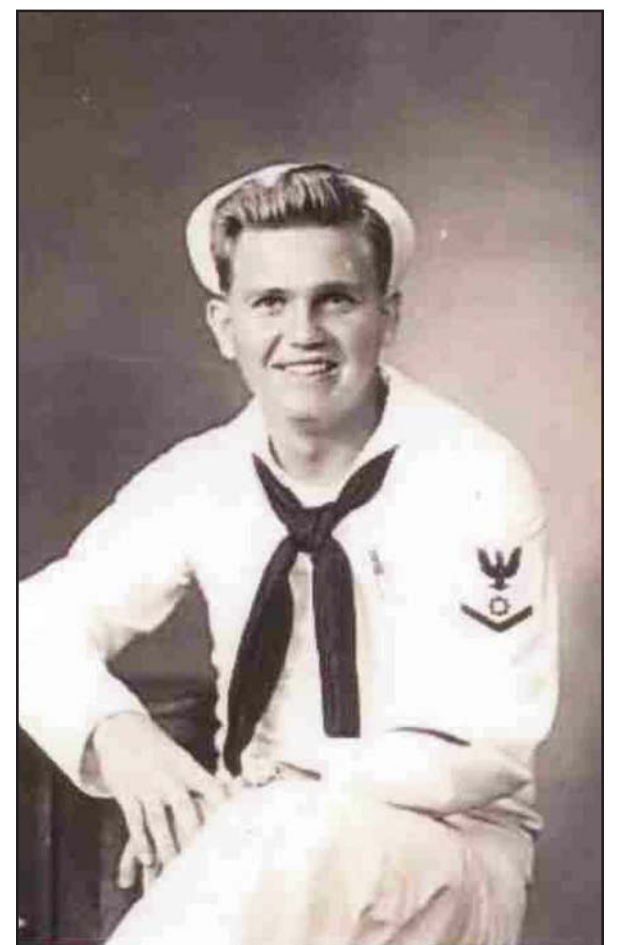
After retiring from the military he worked for Ingersoll Rand Company in Green Bay, Wisconsin, and he was transferred to Baton Rouge, Louisiana, where his son and daughter live at this time. Both of his children graduated from LSU.

His Vietnam years were filled with dangerous combat operations. He was part of the Brown River Operations and Mekong Delta, Delta River Patrol Group.

He received a citation for meritorious service while serving with friendly foreign forces engaged in armed conflict against the Communist Insurgents (Viet Cong) in the Republic of Vietnam from June 1967 through May 1968. As the Logistics Officer for River Section FIVE HUNDRED THIRTY-THREE, Warrant Officer Wood was responsible for

maintenance of ten River Patrol Boats. He was a qualified Patrol Officer and spent many hours directing the My Tho, RVN, based PBR's during emergency sorties. Through Warrant Officer Wood's leadership, the boat was returned to duty in a minimum amount of time. While with the Patrol Group they encountered the enemy daily in an ever-continuing, ever-intensifying struggle for control of this vital area. Some of the battles waged by the Patrol Group were the fieriest engagements ever fought in the Mekong Delta. President Richard Nixon took pleasure in presenting his Presidential Unit Citation to this Group. Warrant Officer II Wood received many other citations including one from President Johnson.

Hubert Wood joined the AFRH in February 2012.



Hubert Wood in the Navy.

AFRH-W Veteran Highlight

By Christine Baldwin

James Berotti was born in Italy, but lived his youth on Long Island, NY. He was the middle of three brothers. One brother was in the Army, while the other joined the Navy. James entered the Army Air Corps in 1942 and went to RAF Station in Spanhoe, England. In September 1944 James had the following experience:

James, MSGT Joe Keith and TSGT Charley Peterson went into town to have a few pints of ale, play some games of darts and sing songs. Even though bed checks were done at 11:30 p.m., they weren't worried about getting back in time. Unfortunately, their name got to the Major's desk and they were assigned four days of KP. The first two days went well because they could eat well, but they broke a lot of dishes (officers ate on China)! On the 3rd day, a hot mission came up, so KP ended.

On September 17, 1944, James got his airplane ready for a paratroop drop in enemy territory. The 1st mission of the 82nd Airborne Division over Eindhoven, Holland, was successful, as was the 2nd using British troops over Nijmegen, Holland. But on September 21st the mission was canceled to Arnhem, Holland,

due to bad weather. Unfortunately, James' group didn't get the order, so they took off to their target, Arnhem Bridge, which was used to cross the Rhine River into Germany. All of a sudden, their plane was under attack by the Germans and the troopers began to jump prematurely. Once they were all out, the plane began performing evasive actions to dodge the bullets. As James was trying to pull in the static line, a large red streak came out of the right engine. He could hear shells going through the fuselage and he knew they were in trouble. He went to the cockpit and saw that they were only 40-50 feet off the ground, with a forest in front of them. Captain Stevenson, the pilot said "I can't set her down here, we're going too fast! I'm going to pull up!" James went back to brace himself for a sure crash. But in a few minutes, the door opened and the radio operator said, "We're on the ground, Jim." and ran out. Later the navigator and co-pilot left without saying a word. Even though things were smoky inside the plane, Jim checked the cockpit and found the pilot trying to open the top hatch. He was bleeding and disoriented, so Jim helped him out. What an experience!

James married Marie Aida Allegra June 30, 1946, and they had three children. During his career, he was assigned to the C-124's, C-133's and C-5's. as a flight examiner and engineer. James retired from the Air Force on February 1, 1974, after serving 30 years, 3 months and 17 days. He couldn't find work right away, so he went to Flagler College in St. Augustine, Fla., where he enjoyed the beaches and the city and even made the Dean's List! James said they treated him very nicely as a veteran. He had children to support, however, so he quit school and took a job at the Post Office. After all three children made it through college, James took his dear wife and went to Europe for three months. They spent their retirement between St. Augustine, Fla., in the winter and Camden, Delaware, in the summer. While in Delaware, James liked to volunteer at the Retiree Office at Dover AFB. He came to AFRH-W in December 2011.

Message from the Chief Operating Officer



Not less than once every three years the Inspector General (IG) of the Department of Defense is required to perform a comprehensive inspection of the Armed Forces Retirement Home (AFRH). This requirement is part of Section 1518 of the Armed Forces Retirement Home Act of 1991 (24 U.S.C. 418), which was amended by Public Law 112-81 under the National Defense Authorization Act for Fiscal Year 2012. The AFRH inspection was coordinated through Office of the Under Secretary of Defense for Personnel & Readiness and TRICARE Management Activity (TMA) and AFRH.

Over a two-week period the IG team conducted a comprehensive onsite inspection of the entire AFRH which included the Agency-level and both the Washington, DC and Gulfport, MS. Facilities. Areas of the AFRH operation inspected by DOD IG included: independent living, assisted living, memory support, and long-term care. Specific functional areas inspected included: medical, dental care, pharmacy, financial, contracting, Wellness Center, Human Resources, Information Technology, facilities, safety, security, the Advisory Council, and the Resident Advisory Committee. Prior to the arrival of the IG inspection team, the AFRH provided copies of all AFRH Directives, Notices, Policy Statements, Fact Sheets, and Washington and Gulfport Standard Operating Procedures (SOPs) for their review. The DoD IG team interviewed members of the AFRH Advisory Council, both Resident Advisory Council Chairs and the TRICARE Management Activity leadership to provide their input and roles regarding AFRH.

During the on-site inspection, the DOD IG inspectors met one-on-one with Agency and facility leadership in their key areas. This included: legislative review, program reviews, documents review and also an actual walk-through of all areas of responsibility. Throughout the review, the DoD IG inspectors made recommendations/suggestions in order to better serve Residents at AFRH.

One of the key areas of the inspection was direct communication with the DoD IG Team through a Resident/Employee Hotline. Residents and employees had the opportunity through one-on-one meetings, by phone or fax to express any concerns and suggestions to the DoD IG. The DoD IG takes all concerns and suggestions very seriously and is committed to ensuring a high level of respect for each individual's confidentiality. At the same time the DoD IG conducted several Sensing Sessions with staff members at both the Washington and Gulfport facility.

Even though the on-site inspection has been completed, AFRH continues to provide the DoD IG team with follow-up information, additional requested documentation regarding the on-site visits, and requirements that were discussed during the out-briefs sessions. The DoD IG projects that they will have a draft inspection report available to the AFRH in approximately two months. Outbriefs at both homes were overall positive. We look forward to the final report.



The DoD IG Inspection Team receives an in-brief prior to the beginning of the AFRH Agency inspection.

Please take time to read this month's highlight of upcoming community events at both homes. Each home has taken great strides with the community promoting relationships and their mutual benefits. The communities in which we thrive are key stakeholders in our future and force multipliers in public opinion. As one of our greatest Presidents, Abraham Lincoln, once said: "Public sentiment is everything. With public sentiment, nothing can fail. Without it, nothing can succeed." Next month I will be discussing the Community outreach events that are scheduled to be held in Gulfport and Washington in early October.

Steven McManus

Senior Enlisted Advisor to the Chairman of the Joint Chiefs of Staff (SEAC)

SGTMAJ Bryan Battaglia make first time visit to AFRH-W



Left: Steve McManus, AFRH Chief Operating Officer, briefs SGTMAJ Battaglia on the Scott construction.



Right: SGTMAJ Battaglia completes a walking tour of the Sherman renovation with COO Steve McManus, Justin Sefens, Facilities Manager and Al Mori, Ombudsman.

COO Questions and Answers

Q: Thanks for your quick action in addressing the Alley Court problems. Still more improvement needed but your crew assured me that the automatic doors will be installed. Pooling of water in shower-needs to be filled with acrylic or Fiber Glass - many showers have this problem which is too long standing and it is unacceptable for this problem to not have been fixed with no more delays, Please. There are way too many structural deficiencies, planning deficiencies, and remedial repair delays. Can we be assured that these unacceptable conditions will not be tolerated any longer?

A: Automatic doors are in the process of being installed. All the doors' electrical requirements are complete. Once the hardware is received we will complete the installation process. Estimated time of completion is two weeks. We have on order shower dams that will prevent water from flowing onto your bathroom floor from your shower. We have placed a work order in the system for your shower and expect to be able to install the dam in one week.

Q: Shortly before the Scott Building was closed for demolition, residents were di-

rected to remove their valuables and important documents from the safe deposit boxes located on the ground level of the building. We were promised this would be only temporary, as individual safes would be installed in each room of the Sheridan Bldg. It has been two years now that our valuables have been insecure. I say "insecure" because it is unknown just how many skeleton keys are "roaming" the halls of the Sheridan Dormitory 24/7! I'm "mad as the dickens" because I believe that my white gold college class ring of 1976 was stolen from my room in the Scott Bldg. It was reported to Security, but was never recovered. Many of us do not have banking facilities where we can rent a safe deposit box because we use Credit Unions as our financial facilities. Please advise us as to the status of the individual safe deposit boxes for residential rooms in the Sheridan Bldg. Thank you for your attention to this important matter.

A: The safes are coming, but it will be in Fiscal Year 2014, which for the Government is October 1st, 2013 to September 30th, 2014. We were forced to move projects around to compensate for the earthquake damage remediation and issues with the Scott Project.

Q: Resident's Parking Lot: Why is it that Staff, Security, Contractor's and Visitor's are allowed to park in the Resident's Parking Lot? I just returned from the dry cleaners and had to park in the back parking lot. Why can't Staff, Security, Contractor's and Visitor's park in back parking lots? This isn't a recent problem, it's been going on for sometime. However, I can usually find a spot at the end of the Resident's Parking Lot, but not today. If the lot is designated for Residents then only Residents should be able to park there.

A: In recent months the Security Division has received complaints that Residents are unable to locate a parking space when they arrive home. Security has been monitoring the parking lot located between the "Lady Sheridan" and "Stanley Chapel" to insure that our Residents can park close to their home. Due to the reality that we have three construction operations ongoing, large organizations that visit our Home, Inspectors, general visitors and staff, have squeezed our Residents out of the parking lot. On 24 September 2012 all AFRH-Washington staff and contractors were sent an email stating; "Starting tomorrow only Residents will be permitted to park

in the parking lot located between the "Lady Sheridan" and "Stanley Chapel". All AFRH staff and contract personnel must park in the larger distant parking lots. These parking lots are located to the rear of "Lady Sheridan" and beside the airplane by North Capitol Street".

Q: Management Review of Residences Fees After Construction Completion: You stated in a recent Communicator article that residence fees would be subjected to a Management Review after construction projects were completed. Question is what does that review entail? Specifically, does it, in any way, alter computation of residence fees based on current percentages of resident's gross income (adjusted for cost of living increases) with regard to cap of fees.

A: It is premature to discuss specific questions about the Management Review of Resident Fees. The process will be started with focus groups at both homes. Management will also work with each Resident Advisory Committee as we proceed through the review. No date has been set to begin the review; however, it will begin some time after we start the new calendar year.

From the AFRH-W Administrator



On a recent Saturday at a store checkout I ran into a young guy, I guess about 22 or 23, who had two prosthetic legs. I asked him if he had lost them in Afghanistan. He replied that he

had last October when he stepped on an IED. It seemed to me that he was somewhat unsteady on them or it could have been that he was hurting a bit, and asked about that. He said he hadn't had them long and they did hurt. I thanked him—yet my words seemed so inadequate.

How do we thank the many? How can we show our gratitude? I'm reminded of a young Chesterton who once said, "The test of all happiness is gratitude; and I felt grateful, though I hardly knew to whom."

Are words of gratitude enough? What actions would show our gratitude?

Last November, six people from the Royal Hospital in Chelsea, England, visited with us at the Armed Forces Retirement Home. On Thursday we attended the Veteran's Day at the National Observance at Arlington. President Obama spoke at a very impressive service. Our visitors sharply presented and laid a poppy wreath at the Tomb of the Unknown Soldier. On Sunday we worshipped at St. David's Church in Washington. The few of us from the Home were amongst many VIP's from Embassy's and military commanders from Australia, Canada, England, and Scotland. To the people in these countries, it is known as Remembrance Day, to honor all those who have fallen in battle, past and present. I was deeply moved by the two-minute silence at the 11th hour.

This November, four of our Residents,

Corrine Robinson, Billy White, Ken Faller, Nelson Jamieson, my wife, Sue and I will be in Chelsea to spend a week at our sister facility, the Royal Hospital. We were told we would take part on Remembrance Day at an event with them at a church. If you are familiar with British customs and culture, I would certainly welcome your help in determining what we from AFRH can do for them during their Remembrance Day service. They laid a poppy wreath at Arlington—what would be appropriate for us to do for the people in England? My desire is to show our gratitude in a sincere manner.

Have you heard the story of a family when they were telling each other goodbye that they would say, "I love you and I wish you enough." When asked what that meant, this was the explanation, "When we said, 'I wish you enough,' we were wanting the other person to have a life filled with just enough good things to sustain them."

•I wish you enough sun to keep your attitude bright no matter how gray the day may appear.

•I wish you enough rain to appreciate the sun even more.

•I wish you enough happiness to keep your spirit alive and everlasting.

•I wish you enough pain so that even the smallest of joys in life may appear bigger.

•I wish you enough gain to satisfy your wanting.

•I wish you enough loss to appreciate all that you possess.

•I wish you enough hellos to get you through the final good-bye.

Perhaps honest to goodness gratitude and not just empty words, is having enough, but not too much to spoil or sour us.

In retrospect, I wish I had thought to ask that young veteran with prosthetic legs for his name and contact information so I could have invited him over to our home for a meal. Getting to know him and perhaps becoming

friends might have helped me in my sense of inadequacy towards him with just words.

For most of us, the vacation—if we got one—is past. The workplace beckons. The school bell has rung, with all the homework and pop quizzes. Football. Put simply, it's back to the grind, to the mundane, to paying the bills, to feeling a chill in the air, sweaters are donned again.

For some of us, the end of summer can make us feel rather blue. Well, I'd like to share with you an astonishing, invigorating book that will lift your spirits and put a spring in your step, no matter the season. It's called Notes from the Tilt-A-Whirl written by the gifted young author N.D. Wilson. This book is absolutely bursting with playful, sobering, and fresh insights about living on this giant

tilt-a-whirl.

What, you may ask, exactly is a tilt-a-whirl? Well, it's a platform-style ride with seven spinning cars that hold three or four people apiece. Because of the scientific effect known as chaos, riders never quite know what direction they will go on the tilt-a-whirl!

I think Wilson is onto something with his metaphor. On planet Earth, this ball of rock and mud which is rotating at about a thousand miles an hour around its axis and whooshing through space at some 67,000 miles per hour, 93 million miles from a gigantic ball of fire that we call the sun, we often feel exhilaration, unpredictability, and yes, sometimes even nausea. There are times that description fits the Armed Forces Retirement Home.

David Watkins

U.S. Air Force Birthday celebrated at AFRH-W



Above - Sid Heetland, Chief Financial Officer, Air Force Aid Society National Headquarters, talks with residents.

Left - Technical Sergeant Ciardiello and Fay Steele cut the cake.

Notes from the AFRH-W

Chairman, Resident Advisory Committee



Well, I made a mistake last month indicating that my last column was last month. As you can see, and read, I am writing an article and I can assure you that this will be the last one I write as the RAC Chair of the

Washington home.

Well there is this problem that should be easily solved. It is a problem with Battery powered vehicles (BPVs) and Residents of the home who DO NOT USE BPVs. It seems that several times in the past month non-BPV Residents of the home have rounded a corner, without looking, and run into a BPV with a Resident in it. The non-BPV Resident has then attempted to lay the blame on running into the BPV Resident on the Resident who is in the BPV, when this was not the case and the fault lay with the non-BPV Resident. The moral here is let us all start, PAYING ATTENTION to our surroundings, LOOK OUT when rounding corners. All you have to do is LOOK UP, and PAY ATTENTION to those devices on the wall that indicate if someone is coming down the hall.

Another reoccurring problem is that of proper dress in the Dining Facility. The current Resident Guided provides guidance on this subject and STILL Residents show up in clothing that is not proper for the Dining Facility. Two such examples are Residents who wear tee shirts as their shirt of choice and Residents who love flip flops on their feet. Please Residents let us do more to insure that our dress when eating and just moving about the home is of the highest standard. We are, after all, former members of one of the Active Services and should be-

have accordingly. Again, I cannot make you dress properly as I am just the Chair of the Resident Advisory Committee (until 30SEP12), and have no authority to tell anyone anything.

Should make mention of two incentives that the departing RAC has put into place; the first should improve the welcome of new Residents to the home. This one was very easy to place into operation and involves a simple process of Resident Services notifying the RAC Chair of the name and Room Assignment of new Residents. The RAC Chair then will welcome the new Resident and inform them of the name of the floor Representative for their floor. The floor Representative should then do their welcome and the new Resident will feel easier as they move into the home.

The second small change was the placement of the monthly RAC Minutes in a Green Plastic folder that is in the Library. The copies in the Library are not the original copies but are the minutes of each RAC meeting. You will notice on these minutes that both the home Administrator and the Chief Operating Officer have signed off on the minutes. This gives another indication that the wishes of the Residents as reported to or approved by the RAC are noted by the Chain of Command at the home. Hopefully the two changes noted above will be continued by the new RAC.

Other changes made during the time I have been involved with the RAC (early 2005 – present date) has been to improve the flow of information from the RAC to the Residents. This has taken the form of the monthly RAC column in the Communicator, the taping of each RAC meeting for showing on The Resident Channel, and the notice of meetings and the posting of the monthly minutes on The Resident Channel, and the Bulletin Boards on each Resident floor. Hopefully

these methods of communications with you, the Residents, will be continued by the incoming RAC.

Bulletin Boards were installed on each Resident floor (2-7 at the time) after Residents requested them due to the amount of paper taped to the other Bulletin Boards. They were installed, and guess what, the amount of paper expanded to fill the boards. So now we have more space to place notices that are important to you, the Resident.

With the assistance of the City of Washington a bus stand was constructed just outside the Eagle Gate that allows Residents to sit and wait for busses if they so need. This after a Resident asked about one being constructed. That did not happen as fast as some would have liked but it was done.

The amount of time that it takes to get problems solved decreased during the current RACs time in office. Where, when the current RAC assumed the role given to it, it seemed to take forever to get a problem solved, now; problems are solved in a matter of days if not hours. Now, again the answers you receive may not be the ones you want to hear but at least you are given an answer. If you did not take the time to fill out any forms to receive feedback on your problem and just reported it to me of the floor representatives you probably did not receive a reply but your problem was worked on.

The last month has been busy with the Resident Fund approving the purchase of six (6) new Golf Carts for the Golf Course and the purchase of up to twenty (20) new computers to be installed in the new Scott Building upon its completion. The fund could have recommended approval for funds for the Bowling Alley or for other items that Resident might have wanted but no one submitted any requests for new items. Remember that it is simple process to request items but to get them you have to request them.

Almost the entire time I served as the RAC Chair the home has been in a construction phase with much movement going on,

many things being changed. Soon that will be over and new eating, reading, art and other Resident services will be in new settings. The Sherman building will be repaired and the clock sounding the time again. The new flag pole will be up with flag flying and a MIA-POW flag will join the American flag in honoring those who have served and those who are still serving even though they are not here. With the major construction soon due to finish work will begin on making the home better looking and easier to get around than present. We shall in the next year see the construction of new walking paths, new flowers, trees, things that make the campus not only a place to live but a place to bring others to view.

And now to our population figures for the month are as follows: Total population is 513 with 331 in independent living; 46 in independent living plus; and 136 in LaGarde (all levels). The average age is: MALE: 82 FEMALE: 86 and finally of our population 90 percent are MALE and 10 percent is FEMALE.

And so, that is it. I wish to thank all those who have served on the current RAC for their time and effort in doing service for the Residents of the home. I have really enjoyed this job and no matter when, no matter where, if you wanted to speak to me you could. No fanfare, no structure, no small-talk just service for the Residents of the home. I shall do what others have not done and continue working with NEW Residents by being just one of the other Residents who welcome and show NEW Residents around the home. So if you see me with what appears to be a confused person they might be NEW, so say HI.

Finally, I want to thank you, the Residents of the AFRH-W for allowing me to serve you the Residents of the AFRH-W; IT HAS BEEN FUN! It really did not seem like almost six years.

Esmer McConnell

AFRH COMMUNICATOR

COMMUNITY PARTNERS

A Special Supplement

THE ARMED FORCES RETIREMENT HOME GULFPORT WELCOMES CRUISERS!!



TUESDAY, OCT. 9TH

2-4PM

Cruisers will Parade through the facility and show off their cars for our veterans. Cruisers may also choose to park in the employee lot and visit with residents as long as designated parking spaces are still available.

Chairs will be placed by front lobby doors and will be available for resident use to view the cars.

CRUISERS WILL ENTER THROUGH THE MAIN GATE AND PARADE AROUND THE CIRCLE AND THEN TURN BY THE CHAPEL AND PROCEED OUT THE WEST GATE.

DUE TO TRAFFIC ISSUES, RESIDENTS SHOULD PLAN ACCORDINGLY FOR EXPECTED TRAFFIC CONGESTION ON AND NEAR AFRH PROPERTY.

COME OUT AND ENJOY THE VINTAGE CARS!!!!



*Friends of the Soldiers' Home in cooperation with the Armed
Forces Retirement Home-Washington will be hosting*

OKTOBERFEST

on Sunday, October 7th

Time: 1-5 p.m.

Location: Golf Course driving range

*All residents and community members are encouraged to attend this event with live music,
dancing, storytelling, family fun activities, art bazaar and food vendors.*

Shuttle service will be provided for residents.



**All residents and community members are
welcome to attend OKTOBERFEST!!!!!!!**



ANTIQUE AUTO ASSEMBLY

55th ANNUAL SHOW

Armed Forces Retirement Home-Washington, DC
Sunday, October 7, 2012

8:00 a.m. Complimentary Refreshments
 8:30 a.m. Registration
 11:00 a.m. Assembly & Judging
 12:15 p.m. Nation's Capitol Model 'T' Club Demonstration
 12:30 p.m. Award Presentations & caravan 'Drive-By' of LaGarde

Entertainment: 'Oldies but Goodies', DJ. Billy White
 Refreshments Available



Oktoberfest will feature Arts and Crafts by Resident and Community members

Featured vendors:

Tod Downey specializes in carving Art Nouveau

L.A. Bowler

Jo Colvard-Needle Arts (knitting, beading, needle point & embroidery)

Don Egolf-Ceramics

J. Jaye Steen owner of a local arts day camp children will be co-hosting art activities with AFRH-W Art Specialist, Lori Thompson in the Kids' Activity Tent

Michele Bailey-Ceramics

VA Veterans-Ceramics, crafts and paintings

Alessandra Ricci-Living art-work in canvas, silk and linen

Rachel Bingaman-Oil paintings

Sandra Intorre-Christmas Tree Assemblages

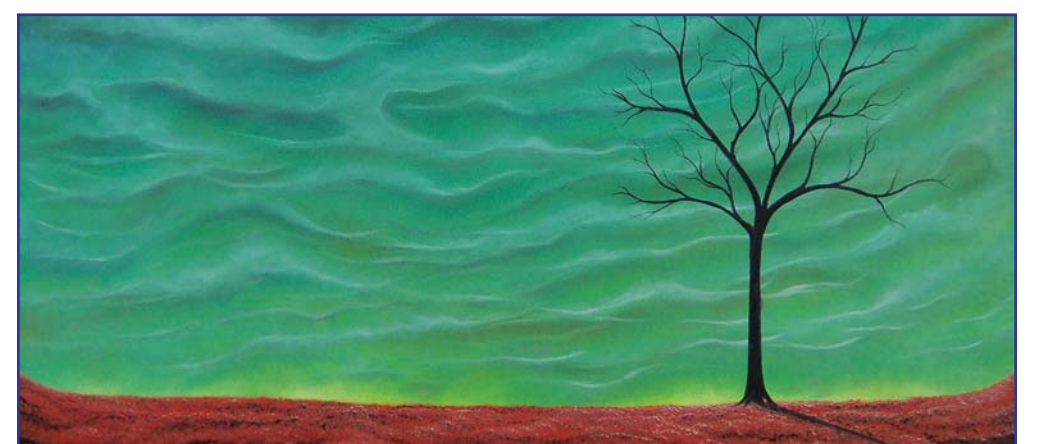
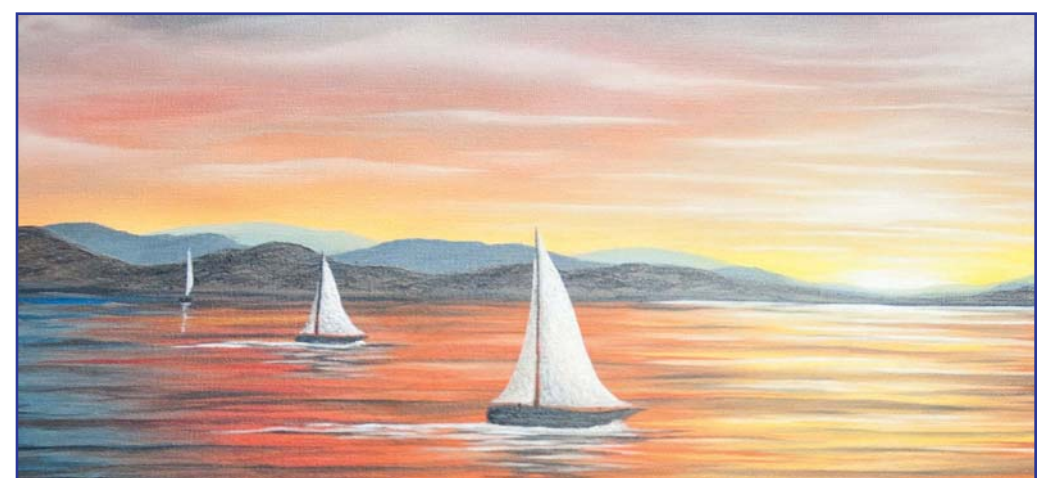
George Smith-Ceramics

Jo Soboleski-Ceramics

Warren Helm-Paintings



Featured vendors Arts & Crafts



Community Partners

Cruisin' the Coast is coming to AFRH-G

If you liked what you saw last year, get ready, because they will be back bigger and better this year. Tuesday, October 9 is the day. Come out and enjoy the car show put on by our Community Partners for the enjoyment of our Residents. Here are some photos taken last year at AFRH to give you an idea of what to expect.



From the AFRH-G Administrator



Next week marks the two-year anniversary of the opening of the AFRH-G. Resident Services is planning a cook-out at lunch on Thursday, Oct. 4, in celebration of this event and I hope that everyone comes down and enjoys the festivities. We have really come a long way since that first group of residents came through the gate on October 4, 2010. Our community has grown in population and we are getting things done in and around the facility to make life safer and more comfortable for our residents. The grounds, too, are coming along nicely. The front gate has been reworked making it a safer entryway. The additional landscaping across the front adds beauty and color; and five service flags will soon be flying as you come through the front gate emphasizing our proud military heritage. Look for more trees to be planted this fall in our forest areas as we roll out the beautification plan.

The newspaper had already gone to press last month when Hurricane Isaac brought torrential rain and high winds to our area. And wouldn't you know it - Hurricane Isaac made landfall the exact anniversary of Hurricane Katrina in 2005. Fortunately, we suffered just minimal damage mostly in the way of ripped sunscreens and water leaks in a few areas. We are in the process of researching options on how best to secure the sunscreens so that this

doesn't happen in the future. Overall, though, I was very impressed with resident cooperation and patience throughout the event. Key staff members attended Emergency Operations Center training just last week to fine tune our operations so that we can respond quickly and appropriately to any natural disaster. Last month's Resident Advisory Council elections went off smoothly. More than 50% of our resident population voted which is a very great turnout. Bill Parker will continue as the RAC Chairman and he and the floor reps will continue to make things happen for our residents.

We are working on a variety of projects designed to make our environment safer and more accessible for our residents. Sixty-nine automated doors are being installed in common use areas and all elevators now have emergency lighting that will activate should we lose power. The RV pedestal will be operational next month that will allow residents with Recreation Vehicles to charge their vehicles. Resident gardeners are happy to see our raised gardens located on the east side of the building. We look forward to seeing beautiful flowerbeds sprouting this fall. Some of our residents have asked that we add lights to the fountain out front and we are looking into that as well.

In the Wellness Center please help me welcome our new physician Dr. James Gasque. Dr. Gasque is a retired Air Force Colonel and was Chief of Staff at Keesler AFB prior to his retirement. He's currently working two days a week in our Wellness Center and will be with us full time at the end of the month.

Campaign to Conserve

By Laura Slack
Chief, Resident Services

Therese Dorau, a consultant from ICF International, held a focus group for residents of the AFRH on Thursday, September 6, 2012, to introduce the "Campaign to Conserve" program. The program will help us use less energy and water, create less waste and reduce expenses.

During the meeting, Ms. Dorau outlined the goals for AFRH. They are: an 8% decrease in greenhouse gases, as compared to 2011, 15% reduction in energy use in our building, reduce petroleum use by 2% in vehicles annually, 26 % reduction in water use intensity by 2020 and 50% less waste kept from landfills.

She explained that AFRH has several things under consideration in the 5-10 year plan to include solar panels and small wind turbines.

What does the Campaign to Conserve program mean for the AFRH residents? – Share benefits and results of conservation

- Show residents ways to reduce expenses and help our environment
- Provide activities and involvement opportunities for interested residents
- Encourage each resident to be part of the Campaign to Conserve

With the campaign underway, residents will see green tips in the Communicator, the Plan of the Week and on the Resident Channel. There will also be activities and contests for residents to participate in.

If you have any questions, comments or suggestions on energy conservation and the Campaign to Conserve, please see Master Chief Kartz.



October is the month for Cruisin' the Coast in south Mississippi which brings plenty of antique and specialty vehicles to the Gulf Coast. During the week of Oct. 7-14 Highway 90 will become very congested so plan accordingly if you are venturing out in town. You may want to use alternate routes during that time. If you love antique cars or are just interested in a walk down memory

lane, you are in luck. This year, on Tuesday, October 9, Cruisin' the Coast will come through the AFRH for residents to see. See pages 5 and 8 of the Communicator to find out more information about this joint venture with our community partners.

Enjoy all that AFRH-G has to offer you this month.

Charles Dickerson



For safety reasons, the crosswalk at the front gate was moved behind the guard house and a fence was put up to divert residents to the new path. Bikers, runners and walkers now can use the path without fear of stepping out in front of a car.

Air Force veterans recognize 60th anniversary

Air Force retiree Rubert Maxwell and Airman Hagler take part in the Air Force birthday celebration held at the Naval Construction Battalion Center earlier this month.

Notes from the AFRH-G Chairman, Resident Advisory Committee

September 2012 has been another picture perfect weather month here on the Beach (however, 29 August was again a day to remember). Our weather is cooler than over half the country. The Resident count here in Gulfport this month is now 508.

Fred and his TEAM of Super-Stars in the Food Service Department created another great "SUCCESSFUL" month! Fred, congratulations to you and your Team for another Month well done!! Birthday Night was to "die" for and "Goldie" being back to play music after being absent for a spell was a Very, Very Special treat!!

Beautification of our grounds has begun!! Blooming Plants are going in all along the entire front ocean view of our property. Flags honoring all five branches of our military family are being installed at the new safer main entrance to OUR Home, Just Beautiful!!

Many of the Residents have continued to "step up" day after day, to assist in the operations of OUR HOME, to make it a better place to LIVE. Welcome back to Mr. & Mrs. Ball who stepped right up and returned to collecting the funds at our dances. Welcome back to Heather & Charlie Baird and all those volunteer hours they donate! Thanks again to PJ for continuously working to updating the Resident Map indicating where we all come from, an endless job and then someone spots an error, gotta Love it!! And a Special Thanks to OUR Management and Leadership Staff, who

spent many hours during Hurricane Isaac, keeping us safe and informed and entertained!!

Congratulations to the new Resident Advisory Committee members elected in September to take office in October and thanks to those who served during the previous RAC period for all your time and efforts!!

HIGHLIGHTS OF ACTIONS AT THE RESIDENTS ADVISORY COMMITTEE MEETING:

The Resident Advisory Committee met on the 11th of September 2012. Some of the actions taken were:

ANNOUNCEMENTS:

- RAC Chair is continuously impressed with the Friendliness and Patriotism displayed by the Residents.
- Ball Room Dance lessons will again be offered Monday and Wednesday nights.
- RAC received many generous donations from the family of our deceased brethren Ernie Eldredge!

REVIEW OF PREVIOUS MINUTES:

- Minutes of Meeting for August 14, 2012, were approved with amendments.

OLD BUSINESS:

- RAC recommended the street around the Chapel be named "Seabee Lane."

NEW BUSINESS:

- RAC received updates from all Committee Chairpersons.
- Health and Wellness Committee will look into establishing a Cancer and a Diabetes Support Group.
- Financial Report for July 2012 was reviewed.

OTHER BUSINESS:

Many THANKS to all the Residents for making OUR HOME a Better and more Patriotic place to live.

Your help, your suggestions, and Your Comments are helping us all become BETTER.

Enjoy!!

Bill Parker

AFRH-G September Activities

Air Force Birthday celebrated by residents

By Adelina Hay-Sowell
Volunteer Coordinator

Friday, September 14th, the STARS were out at the Armed Forces Retirement home in celebration of the 65th birthday of the United States Air Force. Our guest speaker was Brigadier General Bradley D. Spacy, Commander, 81st Training Wing, Keesler AFB. He commands 12,000 airmen and civilians, providing technical training for officers, enlisted and civilians of the U. S. Air Force, Air National Guard and Air Force Reserves as well as other Department of Defense agencies.

Another special guest was General Kory Cornum, Commander, 81st Medical Group, Keesler Air Force Base, Miss. He is also the senior market manager for TRICARE's Gulf Coast Multi-Service Market, which includes five military medical facilities stretching from Mobile, Ala., to New Orleans, and he is a co-lead for the Biloxi Department of Defense/Veterans Administration joint venture centers of excellence initiative.

General Spacy spoke about the mission of the Air Force and about the high quality of young men and women he sees coming into the Air Force. He spoke about the Airman's Creed and how each new Airman has to memorize this creed. He said that each line really signifies what their mission and lifestyle is all about. General Spacy also said that all the veterans who had gone before them are the role models that this creed embodies. He used each line to talk

about recent missions, personal stories of active duty military and how proud he was to be a part of the Armed Forces and the honor he felt in being invited to speak for the AFRH Air Force Birthday celebration.

RAC Chairman Bill Parker, Emcee of the Celebration, presented General Spacy with a special AFRH pen and then called for the start of the cake cutting ceremony. This included the youngest airman there and the oldest Air Force resident, Byron Stavrides. Students from the NCTC Gulfport, C company/ 366th Training Squadron Detachment 6, joined the residents in dancing and dining for the rest of the evening.

Airman's Creed

I am an American Airman.

I am a Warrior.

I have answered my Nation's call.

I am an American Airman.

My mission is to Fly, Fight, and Win.

I am faithful to a Proud Heritage,

A Tradition of Honor,

And a Legacy of Valor.

I am an American Airman.

Guardian of Freedom and Justice,

My Nation's Sword and Shield,

Its Sentry and Avenger.

I defend my Country with my Life.

I am an American Airman.

Wingman, Leader, Warrior.

I will never leave an Airman behind,

I will never falter,

And I will not fail.



Byron Stavrides steps up to cut the Air Force birthday cake during a ceremony at the AFRH-G on September 14. He is joined by the youngest Air Force airman in attendance.



Some Clowning Fun at AFRH-G

Tom King, AKA "Tom E. Boy," the Cole Brothers Circus Clown, paid a visit to the AFRH-G on Monday, September 24. After meeting with residents around the home, Tom E. Boy challenged residents to bowl for fun in the bowling center. It proved to be an enjoyable afternoon for everyone. Tom King, also a Vietnam Veteran, uses his role as a circus clown to visit veteran facilities in the areas that the circus is performing. Cole Brothers Senior Marketing Director accompanied Tom E. Boy along with members of the Patriot Guard Riders. The Patriot Guard Riders are coordinating with Recreation Services to sponsor a trip to the Circus on October 2 for 25 lucky residents. The community partnership between the riders and the AFRH-G has become an annual event allowing residents to enjoy a fun night under the big top at no cost.

Fiesta with a Siesta Cookout

By Susan Bergman, MT-BC, Recreation Services

On Wednesday, September 12, residents on Valor & Loyalty Hall each enjoyed their monthly cookouts on their patio areas. Mariachi music played and fiesta decorations blew in the breeze. Dining service treated everyone to an assortment of delicious food such as hamburgers, hot dogs, Spanish rice, and bread pudding to name a few. The buzz was the posters stating "Wanted Bandit...Reward for Capture." Residents quickly caught a glimpse of the mustached bandit with maracas in hand dashing from Loyalty Hall to Valor Hall. After twitching his mustache back and forth, the bandit said, "I am on the run." "Do you know what I am wanted for?" Residents would ask, "What?" The bandit was quick on the draw with a fast shake stating - "The quickest maracas in town!"

After the cookout fun and festivities, residents enjoyed their fiesta with a siesta.



Nathan Burkett gets a close look at the elusive Bandit with the maracas.

Valor & Loyalty Hall attend Dog Show at Coast Coliseum

By Susan Bergman, MT-BC, Recreation Services

A fabulous day to take in a show...not your regular kind of show...a best in dog show! Residents from Valor & Loyalty Hall visited the Mississippi Coast Coliseum on Friday September 7 to learn about dog breeds, show etiquette, and how photographers take stellar photos of winning dogs.

Earlene Syverson, Ebbie Simpson, and volunteers Vida Alpeurto & Kati Royer learned about the breed Cirneco dell'Etna. This breed of dog originated in

Sicily, carries the ability to work for hours without food or water, and is known for catching rabbits / rodents around the volcano, Mount Etna. Jack Oxford with Seabee volunteer Wendy Miller took in the Whippets with volunteer of the sighthound family and then met up with David, the top ranking Doberman Pinscher, with owner from who works at the Tampa VA Hospital. Fred Schell and volunteer Diane Cooper watched as photographers tossed items from their back pockets to attract the attention of the dogs while snapping stellar photos of the winning breeds.

With lunch approaching, residents trav-

elled to Beijing Chinese Buffet in D'Iberville where staff sang "Happy Birthday" to Fred Schell on his special day. A plate appeared with fancy cut cucumbers shaped into butterflies around a special cake. They must have

known Fred is famous for having and growing the best and biggest cucumbers on the Loyalty Hall patio. It truly was a "best in show" kind of day for all!



Fred Schell (far right) watches as a dog is photographed during the Dog Show at the Mississippi Coast Coliseum.



Robert Granvle and Jack Oxford have front row seats and wait as dog owners get ready for the judges to pick best in show.

AFRH-W September Activities

A Thank You Message

Steve's New Recruit

By George L. Wellman
AFRH-W Resident

I'm a resident at the Soldiers' Home in northwest Washington, DC. For over six years, I've lugged my Cannondale Super V 700 Bicycle from one end of this campus to the other trying to find a place to store it. It's as if I had a Clydesdale horse and all the associated gear to keep it happy. The only droppings from my Cannondale come from the rear derailleur and that's just a smidgen of oil.



Cannondale Super V 700 Bicycle

Do you think Tad Lincoln, President Lincoln's son, had any trouble finding a place to keep his pet goat and pony when they lived at the Soldiers' Home during the summers of 1862/63/64? I say no, he's the son of the Commander-in-Chief. Edwin Stanton's son had several peacocks when they were guests in Quarters #1. Peacocks tend to find their own place to roost and they're able to find lots of nuts, berries, and whatever it takes to keep their tail feathers brilliant.

When you visit the Robert H. Smith Visitor Education Center for President Lincoln's Cottage, look up at the mural hanging in the ceiling of the atrium. The mural depicts the daily activities of the Lincoln family while residing at the Soldier's Home. There are soldiers camped on the south lawn of the cottage, peacocks on parade, the cook serving leftovers, the seamstress on the veranda, men on horseback, grave diggers, and Tad's goat. Tad's goat had a reputation for eating the flowers around the White House and I'm sure the goat misbehaved at the Soldiers' Home. My Cannondale does not disrupt the daily activities of the residents or employees. I call it my green machine; no noise or air pollution, very little consumption of oil products, and it only burns calories.

During President Lincoln's first summer at the Soldiers' Home in 1862, there were 130 residents residing here. If those residents were similar to the ones today, I'm sure Lincoln got an ear full of comments. For instance: "Mr. President, what size is your hat?" Or perhaps: "Mr. President, General McClellan is not very aggressive on the battlefield." Or possibly: "Mr. President, your guard detail wakes us in the mornings when you leave for the White House."

Currently, there are 518 residents at the Soldiers' Home and the daily activities have not changed much over the years. Construction associated with the Scott Project, the Eagle Gate Project, and repair of the earthquake damaged Sherman Building is the subject of most conversations these days.

In conclusion, I want to thank Campus Operations, Security, and Recreation Services for taking time out of their busy schedules to help me find a place to keep my bicycle.

Disclaimer Statement: The writer's interpretations do not reflect those of the Soldiers' Home or President Lincoln's Cottage.

Bowling Center News

By Ed Crump

Tony Contino and Doug Shoemaker were co-winners for the bowlers of the month honors in August. Each combined a total of fourteen points. Tony Contino has two first place finishes for the month as well as a fourth place finish while Doug Shoemaker has two first place finishes. Both these men tie for high game handicap for the month with 276. It was the first time either of them has won bowler of the month.

Warren Pospisil won bowler of the month honors in July which he has one first place finish along with two second place finishes. He also took high game handicap for the month with a 254. This was also the first time he's won bowler of the month honors.

Bob Schonherr continues to lead for bowler of the year honors with a total of 66 points while Tony Contino is in second place with 57 points. Bob Schonherr has finishes in the top four twenty two different times during the year which is the biggest reason he's leading for bowler of the year honors for this year.

Fitness Center News

By Jerry Carter

Balance Exercises: Balance is your ability to control your center of gravity over your base of support, and is related to your strength, inner ear balance center (vestibular system), vision and sensory input from your feet, as well as your muscles and tendons. The balance required to complete daily tasks is often taken for granted in adulthood, but the truth is that if you don't use your balancing skills, you may lose them.

Balance exercises activities you do to improve and maintain your balance and coordination skills are beneficial for all people, especially older adults. Balance exercises can help prevent falls, improve your coordination, give you more confidence in your stability and boost your feelings of security. When combined with strength training, balance exercises can help you build muscles around your joints, making them more stable and your balance more sure. People who do balance exercises have greater mobility as they age.

Almost any activity that keeps you on your feet and moving is helpful in maintaining good balance. Basic exercises that get your legs and arms moving at the same time can help you maintain your balance in addition to stimulating muscle and nerve communication that increases your coordination. Please contact Jerry (room 1005) for details on exercises which help to improve and maintain your balance and coordination.

By Carol Mitchell

Tuesday afternoons are "Fun & Fitness" days with Steven Briefs, the Recreation Therapy Supervisor. The program includes light chair exercises and then a variety of cognitive stimulation activities. On this particular day it was also pet visitation day for Harley, a friendly 45 pound Golden Retriever who visits the residents of King Health Center once a month. Steve's program was so entertaining that Harley decided to join in and took a seat on resident Stephen Kostick's lap! Mr. Kostick and Harley continued to listen in and had a fun filled afternoon together. Harley is a member of the People Animals Love (P.A.L.'s) organization which visits the Health Care and the Independent living residents monthly. P.A.L.'s also holds their monthly orientation for new pet visitation dogs in the Health Care. All residents are welcome to join Steve on Tuesdays at 2 p.m. in the Recreation Therapy area for Fun & Fitness... you never know who might stop by?



Front and center! Harley is ready to workout with the Residents.

A musical performance at KHC

By Sarah E. Kenan

On Thursday, September 13th the residents in the King Health Center were waiting anxiously to hear the Boss and his band. But actually it was the ALP Rhythm band. The Boss is Bruce Springsteen and his E Street Band, a famous rock and roll group. To the delight of our residents the ALP Band played several of his most popular songs, including The Human Touch and Pony Boy. The band is made up of Mr. Earl Clifton, Charles Cromack, Virginia Sicotte, Erwin Springer, James Tillery, Donald Stout

and Robert Hill from La-Garde 5. The band practices several times during the week and enjoys performing for the pleasure of the KHC Residents. We hope someday to play on Broadway!



The ALP Rhythm Band performs at King Health Center.

Better Opportunities for Single Soldiers

Ft. Detrick soldiers spend a day on campus



Note: Better Opportunities for Single Soldiers (BOSS) is a program which supports the overall quality of life for single soldiers, geographical bachelors and single parents. BOSS identifies well being issues and concerns by recommending improvements to the chain of command. The heart of the BOSS program is motivated single soldiers with a strong senior enlisted advisor and guidance from FMWR. The BOSS mission is to enhance the morale and welfare of single soldiers, increase soldier retention, and sustain combat readiness through planned and execution of community service, recreation and leisure events, and identifying well being issues for resolution.



Snuffy Smith takes his turn at the football toss.



Jean Rhizor (left) and Pat Russo play table shuffleboard.



Nancy Dickson plays shuffleboard during Fall Games.



Ernie Fowler takes his turn tossing the football as Dennis Crabtree, Recreation Services, waits to mark the spot.



Jack Peterson takes careful aim during a game on the Bocce Court as Mike Longwell looks on.

Residents shine in Fall Games

By Sean Campbell, Recreation Specialist

Activities for the 2012 Fall Games wrapped up recently at the AFRH-G campus. Thirty four residents competed in various age groups in a variety of sporting events. Events included: Bocce, Corn Toss, Shuffleboard, Football Throw, Softball Toss, Table Shuffleboard, Golf Shot, Predictability Walk, and Poker Walk. Residents who placed 1st, 2nd or 3rd at an event or competed in at least 4 events received a 2012 Fall Games Shirt at the awards ceremony. Shirts and prizes were distributed at the Ice Cream Social on Sept. 25.

Overall Winners were:

Ladies: 1st- Pat Russo, 2nd- Jean Rhizor, 3rd- Gerry Gorsky
Men's 76 & Under: 1st-Ernie Fowler, 2nd- Neville Smith, 3rd- Jack Peterson
Men's 77 & Up: 1st- Harry Rhizor, 2nd- Wayland Webb, 3rd- John Young

Winners by Event:

Ladies	Men's 76&Under	Men's 77&Up
Bocce Event		
1st Pat Russo	Ernie Fowler	Ray Gischia
2nd Gerry Gorsky	Jack Peterson	Buron Noel
3rd Jean Rhizor	Joe Kelly	Wayland Webb
Corn Toss Event		
1st Pat Russo	Ernie Fowler	Harry Rhizor
2nd Jean Rhizor	Jack Peterson	Wayland Webb
3rd Nancy Dickson	Mike Longwell	John Young
Shuffleboard Event		
1st Jean Rhizor	Snuffy Smith	Harry Rhizor
2nd Nancy Dickson	Jack Peterson	John Young
3rd Pat Russo	Earl Gassery	Shirley Breedlove
Table Shuffleboard Event		
1st Jean Rhizor	Snuffy Smith	Buron Noel
2nd Pat Russo	Jack Peterson	Harry Rhizor
3rd Nancy Dickson	Ernie Fowler	John Young
Football Throw Event		
1st Pat Russo	Jack Peterson	John Young
2nd Gerry Gorsky	Snuffy Smith	Ray Gischia
3rd Eva Downs	Ernie Fowler	Anthony Usey
Softball Toss Event		
1st Gerry Gorsky	Ernie Fowler	Wayland Webb
2nd Jean Rhizor	Snuffy Smith	Harry Rhizor
3rd Eva Downs	Joe Kelly	John Young

OVERALL WINNERS



Ladies: 1st- Pat Russo (center) , 2nd- Jean Rhizor (right), 3rd- Gerry Gorsky



Men's 76 & Under: 1st-Ernie Fowler (right), 2nd- Snuffy Smith, 3rd- Jack Peterson (not pictured)



Men's 77 & Up: 1st- Harry Rhizor (center), 2nd- Wayland Webb (right), 3rd- John Young